

NOTICE.

In William C. Cotton, Plaintiff, vs. Frank B. Cotton, Defendant. The undersigned, being of the age of majority, and being the only surviving issue of the deceased, Frank B. Cotton, deceased, the unknown heirs of Walter G. Cotton, deceased.

You and each of you will take notice that on the 21 day of October, A. D. 1914, Timothy J. O'Connor, plaintiff herein, filed his petition in the district court of Dakota county, Nebraska, against the above named defendants and others, the object and prayer of which are to remove the clouds from his title to the southeast quarter of the southeast quarter (SE 1/4 SW 1/4) of section seven (7), township twenty-seven (27), range nine (9), east of the 6th Principal Meridian, situate in Dakota County, Nebraska, as discussed by the claims of said defendants and the following deeds, mortgages, releases, proceedings, contracts and the mistakes and defects therein to-wit:

A certain deed from Ann Hathorn to Lewis V. Vets dated the 12th day of July, 1859, recorded at page 257 of Deed Book 13-D of the deed records of said Dakota County, intending to convey the south half of the northwest quarter and the northwest quarter of the southeast quarter of section seven (7), township twenty-seven (27), range nine (9), east of the 6th Principal Meridian, situate in Dakota County, Nebraska, as discussed by the claims of said defendants and the following deeds, mortgages, releases, proceedings, contracts and the mistakes and defects therein to-wit:

Also by reason of the deed and sale made in the estate of Caroline H. Coffin as one of the heirs of William H. Coffin, deceased, in the district court of Dakota County, Nebraska, in connection with the other heirs of said William H. Coffin, deceased, the deed described as follows: the southeast quarter of the southeast quarter of section nineteen (19), township twenty-seven (27), range nine (9), east of the 6th Principal Meridian, situate in Dakota County, Nebraska, as discussed by the claims of said defendants and the following deeds, mortgages, releases, proceedings, contracts and the mistakes and defects therein to-wit:

Also the cloud occasioned by the deed of Jonathan French, John D. Williams and Moses Williams, with intentions under the will of David W. Williams, deceased, to C. J. O'Connor, intending and attempting to convey an undivided one-half interest in the southeast quarter of the southeast quarter of section nineteen (19), township twenty-seven (27), range nine (9), east of the 6th Principal Meridian, situate in Dakota County, Nebraska, as discussed by the claims of said defendants and the following deeds, mortgages, releases, proceedings, contracts and the mistakes and defects therein to-wit:

Also to remove the cloud occasioned by the improper recording and execution of a release of a mortgage given by Cornelius J. O'Connor to Kate Sherman covering the southeast quarter of section nineteen (19), township twenty-seven (27), range nine (9), east of the 6th Principal Meridian, situate in Dakota County, Nebraska, as discussed by the claims of said defendants and the following deeds, mortgages, releases, proceedings, contracts and the mistakes and defects therein to-wit:

You are required to answer said petition on or before the 30th day of November, A. D. 1914.

TIMOTHY J. O'CONNOR, Plaintiff.

GUY T. GRAVES, Judge of the District Court of Dakota County, Nebraska.

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A PRETTY new model in a boudoir or breakfast cap is shown in the picture given here. It has no frills about the face, which makes it as unusual and a welcome variety to the woman to whom frills are unbecoming.

Correct Footwear



NO ONE disputes the supremacy of the American-made shoe, its shapeliness and style have won it an undisputed place as the most excellent of all footwear.

The progressiveness and originality of American makers of footwear have been encouraged by a receptive public, which has been educated to the point of being exacting.

The shoes of today are distinguished by little odd touches of style in methods of cutting the leather, and in combinations of leather with cloth and the adoption of two colors in the composition of the shoe.

Three pairs of high boots are shown here which illustrate these individual touches and set forth the kind of shoes that are correct for present wear.

A pretty boot, called the Ritz, is made with a patent leather vamp and gray or fawn-colored cloth top.

Wide Braid Belts. Wide silk braid is much used in the French mode. Sometimes it forms and, with a fur collar or braid band, a long tunic, sometimes it is used as a belt, run through straps of the fabric of the frock it adorns.

Dress Scrapbook. In 'The Woman's Home Companion,' a contributor describes as follows what she calls her "dress scrapbook":

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

FOOD AND DELINQUENTS.

Under a recent date an Associated Press dispatch credits Charles C. D. Hillis, formerly private secretary to President Taft, now president of the New York Juvenile asyllum in Dobbs Ferry, with the discovery that had teeth make bad boys.

What is the cause of bad teeth in children under fifteen years of age? It is universally admitted that the fundamental cause of the early decay of children's teeth is anemia, a lack of sufficient building material during the growing period.

Mr. Hillis is not the discoverer of this truth, but none the less he is entitled to great credit for recognizing and taking practical steps to combat a dangerous condition that many foreign governments are making strenuous efforts to overcome.

In the parliamentary debate on free meals, March 27, 1905, Sir William Anson, then British parliamentary secretary to the board of education, replying to Messrs. Kier Hardie and William Crooks, admitted that in the day industrial schools, where the children had three meals a day, he found them "bright and intelligent and being developed physically and mentally in a satisfactory way."

Wilson Bruce, following other witnesses before the Scottish commission in pointing out the startling superiority of industrial school children, added that if we fed and clothed the elementary school children as suitably we should "make a new race of them."

The commissioners noted this contrast between the ill-nourished elementary school children of respectable parents and well-developed industrial school children of those who have "altogether failed in their duty."

The countess of Warwick, writing in "A Nation's Youth," says: "What a fine moral have we here. Be a bad parent, or confess yourself unable to control your own children, and they will be attached to an industrial school, given three meals a day, largely at the expense of the ratepayers, and they will become bright and intelligent boys, developed physically and mentally in a satisfactory way."

This touches upon and brings sharply to the front the whole subject of sophisticated foods around which a commercial battle royal is at present raging in this country.

Eating has become an art which has to be learned by man, and unfortunately the subject is considered so unimportant that quite generally our foods are selected on the statement of persons whose only interest is in the profit to be derived from the manufacture and sale of the commodity, and then after the purchase in this slipshod manner it is too frequently turned over to some incompetent kitchen drudge to be prepared for eating.

In order that an intelligent choice of proper diet may be made it is absolutely necessary that we should possess a certain smattering of scientific knowledge. This does not consist in the memorizing of a few terms sufficient to enable us to babble about carbohydrates, proteins and fats, of calories and of balanced rations, but to have a thorough understanding of the real meaning of the closing paragraph of the fourth article of this series, which we here again repeat for emphasis:

"The now prevailing standard of food values which measures the heat units produced from foods and completely ignores all other elements and factors is not only woefully inadequate in the light of modern science, but constitutes a grave menace to the health, to the morals, to the sanity and to the life of any people."

The chief reason for the improvement in inmates of well-governed asylums and industrial schools over the rate of development shown by children under home conditions undoubtedly lies in the fact that food matter is bought in bulk and largely every year and the old idea of elections from all the states two years out of three will be abandoned.

Not for Him. J. B. Regan, the noted New York hotel man, was telling, apropos of a champagne dispute, champagne stories.

"Mean men should never drink champagne," said Mr. Regan. "They can't enjoy it, you know. They think, with every swallow, there goes 55 cents."

"Once on the Mauretania a man asked me for a seasickness cure. 'Drink,' I said to him, 'a half bottle of champagne just before you feel the seasickness starting.' 'Oh,' he said with a worried look, 'wouldn't ginger ale do just as well? Champagne seems such expensive stuff to—er—risk.'"

Rhodes Scholarship. A feeling that the present system leads every so often to a loss of interest in the Rhodes scholarship plan is undoubtedly the dominant force behind the determination of the trustees to make a change in the method of choosing the scholars from this country. Hereafter there will be elections from two-thirds of the states

on the horse-food basis, that is to say, the whole grains are bought, cooked and served, rather than the more expensive refined processed matter. Of course we are assured by "experts" that the food is "improved" and made "more digestible" by the elaborate process through which it is passed, but any successful raiser of cattle, hogs, chickens, pigeons, dogs or cats can tell of disastrous results following the feeding of any of these animals for any material period of time on "refined" food matter.

WHITE FLOUR FOOD.

"A little learning is a dangerous thing; Drink deep, or taste not the Pierian spring; There shallow drafts intoxicate the brain, And drinking largely sobers us again."

A recent magazine article written by an "expert" on food matters misquotes the first line of the above and then gives particular point to the truth of the quotation by grossly misinterpreting a clean cut, scientific demonstration of a disease resulting from the use of sophisticated food matter.

The article in question reads as follows: "We are told about biochemical properties of wheat offals and as proof we are referred to the ravages of beriberi from eating hulled rice. This is 'jugglery,' something on the order of the magician Kellar. To be specific, beriberi is a disease that has no connection with the whole wheat and white flour question. It is as remote as it can be. Beriberi is a form of nervous disease that has affected the natives of Asia, who live mainly on rice, and of late years the introduction of hulled rice has increased the disease. It has been found that when rice polish was used as food along with the rice the disease was lessened in intensity."

"From this it has been argued that the rice hulls contained nourishing substances which had been removed from the rice in polishing. This looked very plausible. From these facts it was argued that wheat bran must also contain nourishing substances and they should not be removed from the wheat in the manufacture of flour. Fortunately, however, the subject of beriberi has been worked out scientifically, and Funk, of the Lister Institute, has shown that the disease is caused by some toxic action of rice protein."

"This should show the danger of being influenced by the exaggerated accounts of white bread and hulled rice starvation, statements which have no foundation in proved facts. White bread is safe food. Polished rice is safe food, as scientific investigation has proved."

The discerning reader will note that the matter is the body of the article controverts the finding stated in the closing paragraph quoted. The whole truth is as follows:

Casimir Funk of the biochemical department, Lister Institute of Preventive Medicine, discovered that a substance could be recovered from the matter ground from the surface of rice in polishing it which would in a few hours cure a disease known as polyneuritis, or beriberi.

Underlying every happening in this universe is a law or principle, and the same principle will be found producing many widely separated results. The statement that beriberi has no connection with whole wheat and white flour is not strictly true, because the same principle applies. Beriberi is caused by a mineral starvation, and we know many diseases are caused by the mineral starvation resulting from the too free use of demineralized foods, including flour.

The writer personally knows of large flocks of chickens being killed by feeding them on demineralized grain, and of dogs killed by feeding them on demineralized meat and white bread. Every physiologist of note states that the vitality of the individual cell depends on a free supply of mineral matter consisting of at least three elements. It would be reasonable then to expect some definite deleterious result from a diet composed largely of mineral-free matter, and the fact that all white bread eating peoples are greatly troubled with constipation may be considered evidence to this belief. Further evidence that white bread is not healthful is given by Sherman, who states that washed bran fed to cows was found to be constipating, indicating that the laxative property of ordinary bran and whole wheat products is dependent not simply upon mechanical irritation.

It would be as logical to state that while you might break your neck falling off a thirty foot brick house, falling off a thirty foot frame house over in the next block is safe because it has no connection with the brick house. "It is as remote as it can be." That may be, but nevertheless, the chances of breaking your neck are equal, because the principles are identical.

The too free use of white flour, or of any other demineralized foodstuff, no matter whether it be demineralized by being processed or by stupid cooking methods, is detrimental to health.

St. Pierre Still Dead. St. Pierre, Martinique, which was destroyed by the eruption of Mount Pelée in 1902, has never been rebuilt, but it is said that even yet the ruins are being searched for valuables. The place is under police control, and two or three streets have been excavated, but it is still a "city of desolation."

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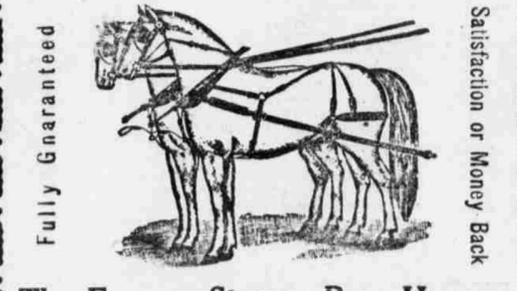
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